

MSFC Safety *Bulletin*

MSFC Weight Limit Set For Manual Lifting



What Happened?

- In recent months, several on-the-job injuries have occurred at MSFC that involved lifting loads manually (without mechanical aids).
- Accident investigations revealed that most of these injuries occurred when workers tried to lift loads that were too heavy or awkward for them to handle safely.

What Can Be Done?

- Follow the MSFC rule for Manual Lifting Maximum Weight, published in MPR 8715.1, *Safety, Health, and Environmental (SHE) Program*, Appendix E, MSFC Sitewide Safety Rules, rule #7 .
- Do not try to lift more than 40 pounds by yourself.
- Use proper lifting techniques.
- Match each manual lift to your own physical capabilities.
- Get help from a coworker for loads that are:
 - More than 40 pounds in weight.
 - Too bulky to handle.
- Use mechanical aids for lifting whenever possible.

